

Pace	Set
REC	<ul style="list-style-type: none"> • 200 swim • 200 kick • 200 pull
EN-1	11 x 50 pull @ 1:00 or r=10 <ul style="list-style-type: none"> • 3 x 50: breathe every 3rd • 4 x 50: breathe every 5th • 3 x 50: breathe every 7th • 1 x 50: breathe every 5th
EN-1 to EN-3	<u>Davis Mile: broken 1650:</u> Subtract 2½ minutes to get 1650 time <ul style="list-style-type: none"> • 11 lengths (275) @ r=20 • 10 lengths (250) @ r=20 • 9 lengths (225) @ r=20 <ul style="list-style-type: none"> ◦ 8 lengths (200) @ r=15 ◦ 7 lengths (175) @ r=15 ◦ 6 lengths (150) @ r=15 ◦ 5 lengths (125) @ r=15 <ul style="list-style-type: none"> ▪ 4 lengths (100) @ r=10 ▪ 3 lengths (75) @ r=10 ▪ 2 lengths (50) @ r=10 <ul style="list-style-type: none"> • 1 length (25)
REC	200 choice

Total = 3000

Pace Chart					
Pace	Effort	Perceived Exertion/Target HR	Pace	Effort	Perceived Exertion/Target HR
REC	Very Light	7-12/90-120	EN-3	Hard	17/175-185
EN-1	Fairly Light	13-14/120-150	SP-1	Very Hard	18/185-max
EN-2	Somewhat Hard	15-16/150-175	SP-2/3	Extremely Hard	19-20/max

Workouts off the beaten path

SJ Black, PhD

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Pace	Set
REC	<ul style="list-style-type: none"> • 200 swim • 200 kick
EN-1	12 x 50 pull @ 1:10 or r=10 <ul style="list-style-type: none"> • 25 breast/25 free
EN-2	12 x 75 @ 1:45 or r=20 <ul style="list-style-type: none"> • 25 kick/50 swim • 3 each stroke • IM order
EN-1 to EN-2	12 x 25 @ 45 or r=15 <ul style="list-style-type: none"> • 3 each stroke • IM order • descend times 1-3, 4-6, etc.
REC	300 choice

Total = 2500

Pace Chart					
Pace	Effort	Perceived Exertion/Target HR	Pace	Effort	Perceived Exertion/Target HR
REC	Very Light	7-12/90-120	EN-3	Hard	17/175-185
EN-1	Fairly Light	13-14/120-150	SP-1	Very Hard	18/185-max
EN-2	Somewhat Hard	15-16/150-175	SP-2/3	Extremely Hard	19-20/max

Pace	Set
REC	400 choice
EN-1	16 x 25 @ r=10 • 25 scull/25 pull
EN-1 to EN-3	2 x thru: • 1 x 200 swim, moderate pace @ 3:30 or r=30 • 2 x 100 swim, fast pace @ 2:00 or r=30 • 4 x 50 swim, moderate pace @ 1:00 or r=15 • 8 x 25 swim, fast pace @ 40 or r=15 • extra 60 seconds between rounds
EN-2 to EN-3	• 2 x 50 kick @ 1:30 or r=20 • 2 x 50 kick @ 1:20 or r=15 • 2 x 50 kick @ 1:10 or r=10 • 2 x 50 kick @ 1:00 or r=5
REC	200 choice

Total = 3000

Pace Chart					
Pace	Effort	Perceived Exertion/Target HR	Pace	Effort	Perceived Exertion/Target HR
REC	Very Light	7-12/90-120	EN-3	Hard	17/175-185
EN-1	Fairly Light	13-14/120-150	SP-1	Very Hard	18/185-max
EN-2	Somewhat Hard	15-16/150-175	SP-2/3	Extremely Hard	19-20/max

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Pace	Set
REC	<ul style="list-style-type: none"> • 300 swim • 200 pull
EN-1 to EN-2	8 x 25 kick @ 45 or r=10
EN-1 to EN-2	<u>3 x thru:</u> <ul style="list-style-type: none"> • 100 free @ 1:50 or r=20 • 75 free/25 stroke @ 2:00 or r=20 • 50 free/50 stroke @ 2:10 or r=20 • 25 free/75 stroke @ 2:20 or r=20 • 100 stroke @ 2:30 or r=20
EN-1/EN-3	8 x 25 swim @ 45 or r=15 <ul style="list-style-type: none"> • 25 easy/25 fast
REC	100 choice

Total = 2500

Pace Chart					
Pace	Effort	Perceived Exertion/Target HR	Pace	Effort	Perceived Exertion/Target HR
REC	Very Light	7-12/90-120	EN-3	Hard	17/175-185
EN-1	Fairly Light	13-14/120-150	SP-1	Very Hard	18/185-max
EN-2	Somewhat Hard	15-16/150-175	SP-2/3	Extremely Hard	19-20/max

Pace	Set
REC	300 choice
EN-1	8 x 25 @ r=10 • 25 drill/25 build
EN-1 to SP-1	<u>2 x thru:</u> 200's=somewhat hard, 100's=hard, 50's=very hard <ul style="list-style-type: none"> 1 x 200 @ 4:00 <ul style="list-style-type: none"> 1 x 100 @ 2:30 <ul style="list-style-type: none"> 2 x 50 @ 1:30 1 x 100 @ 2:30 1 x 200 @ 4:00
EN-1/EN-3	<u>DPS/Breath control set:</u> 20 x 25 swim @ 45 <ul style="list-style-type: none"> 2 x 25 DPS breathing every 5th stroke 2 x 25 0-2 breaths
REC	100 choice

Total = 2500

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EN-1	Fairly Light	13-14/120-150	SP-1	Very Hard	18/185-max
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